262
The nobles eat better, at least those who are well-to-do. 243
In the Ahaggar especially they own cultivated land in the 556
"ar'erems" (villages), where they grow wheat, "ired," barley, 565 423
"timzin," and bechna, "inelli"; but usually they sell their 438

[137]

Dautheville

Trees Called "Ahatés" (Acacia Albida) at the Tillemas of the Tessht Wadi (Koudia).

wheat and barley to the natives of the Tidikelt and are content with bechna, of which they are very fond. They claim that [824]
bechna is less heating to the stomach than wheat or barley.

The rich allow themselves the luxury of drinking tea, but 272
tea and sugar are very expensive, and they do not misuse them. 556
On the other hand, they do not hesitate to beg for them shame- 263
lessly.

When the year is bad anything seems good to the poor to 222
assure their subsistence. In such years one sees them eating 262
/30/ "berdi," or "taheli," (Typha angustifolia, Typhaceae); 735
ground carob seeds of "talhas," or gum trees, which they call 252
"tahaha" • ⁝ ⁝ + ; "tanékfa'it (Diplotaxis duveyrierana, Cruciferae); fruit of the "teborak" (Balanites aegyptica), which they steep to take out the bitterness; and even leaves of the "aremmas" (Atriplex halimus, Salsolaceae), which they boil.

In short, nature keeps food resources for them which prevents even the poorest from dying of hunger.

7:Nicolaisen E-5 (1951-1962) 1963 MS25 Tuareg MS25

abellengad (*Reseda villosa*). Tr., L.M., U.M. Seeds of this plant are edible, but of bad taste – according to Foucauld 1951–52, I, p. 65.

abser (*Acacia Raddiana*). Tr., (L.M.). Fruits are collected mainly for goat fodder, but are eaten by human beings when vegetable food is scarce. The fruit is then crushed into flour. The resin of this acacia is also edible.

tamat (*Acacia seyal*). Tr. The resin (*taynwst*) is edible. I believe it is used mainly as a remedy against stomachache. This is perhaps also true of the resin of the *abser*-acacia mentioned above.

ahtes (*Acacia albida*). Tr., L.M. "La gousse est même comestible pour l'homme" (Maire 1933, p. 120).

ténefé (*Tephrosia leptostachya*). Tr. "Les Touareg mélangent cette plante desséchée au thé vert" (Maire 1933, p. 125).

lagul (*Alhagi maurorum*). Unknown in Ahaggar, but found in Tasilé-n-Ajjer. "Les racines tuberisées sont mangées par les indigènes (Killian)" (Maire 1933, p. 131).

alora (*Peganum Harmala*). Tr., L.M., U.M. An annual seed-plant. Seeds are used for *tébik*.

taburak (*Balanites aegyptiaca*). Tr., L.M. A tree having edible fruits which are macerated in water to remove the bitter taste.

tedjoq (spelling according to Maire 1933, p. 241) (*Pistacia atlantica*). L.M. Very rare according to Maire (1933, p. 148). According to my own observations the fruit of this tree is eaten by Arab pastoralists (e.g., *Ulad Nail*) of the so-called *daya* region south of the Sahara Atlas. It is possible that it is also eaten by the Tuareg.

tahunek (*Rhux oxyacantha*). Tr., L.M. A tree having edible fruit.

téhak (*Salvadora persica*). Tr. A tree with edible fruit.

tabakat (*Ziziphus lotus* var. *Saharae*). Tr. The berries are crushed and mixed with millet flour.

azawa (*Tamarix gallica*). Tr., L.M. "La manne produits par ces arbres est receuillié par les indigènes qui l'emploient comme matière sucrante. (Voinot)" (Maire 1933, p. 156).

tabarekkat (*Tamarix aphylla*). Tr. "Les rameaux mannifères sont employés pour sucrer l'eau" (Maire 1933, p. 159).

tafeltast (*Myrtus Nivellii*). (Tr.), L.M. "Les rameaux de ce Myrte sont récoltés par les Touareg, desséchés et exportés par sac entiers au Soudan et au Mzab, avec *l'Artemisia judaica* ssp. *sahariensis*. Ces deux plantes sont utilisées comme médicaments et comme condiments" (Maire 1933, p. 162).

awkal (*Cynomorium coccineum*). Tr., L.M. A plant yielding edible roots which are dried and ground into flour (cf. Maire 1933, p. 163).

aséyar (*Anethum graveolens*). (Tr.), L.M., U.M. An annual plant. Its seeds are used as a spice and for adding to tea.

takmezzut (*Teucrium Polium*). Tr., L.M. An annual plant used for adding to tea.

élel (*Nerium Oleander*). Tr., L.M. This plant is extremely venomous particularly so for camels, which die from eating its leaves. "La cendre de bois de *Nerium* est employée par les femmes du Tidikelt pour se faire engraisser. A cet effet elles mélangent un peu de cette cendre avec des dattes pilées et du beurre, puis absorbent ce mélange dans du leben" (Maire 1933, p. 170).

arellachchem (*Solenostemma oleifoleum*). Tr. A perennial plant. Its leaves are used as a substitute for tea.

7:Nicolaisen E-5 (1951-1962) 1963 MS25 Tuareg MS25

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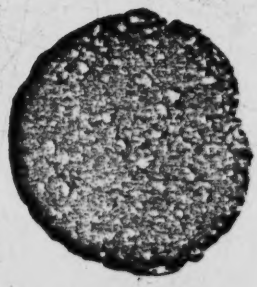

Fig. 126. A cheese-like mass of *adamam* berries (*Osyris alba*). The fresh berries are pounded in the large mortar (*tindé*) or are crushed between two stones to be formed into pieces of cheese form to be dried. This cheese-like mass of *adamam* berries is used by Tuareg women as a kind of face ointment against sun burn, pimples, and the like. They apply this ointment to the face as follows:— A little milk is poured upon a stone, the cheese-like mass of berries is rubbed against it, and the mixture of milk and berries is thereupon rubbed into the skin of the face with the fingers. Ahaggar, the *Dag Rali* tribe. Dimension: 0.075 m. (N.M. G. 5279a).

222
262 *enag* (*Leptadenia pyrotechnica*). Tr. A tree with edible fruit.

[272] *tañhart* (*Mentha longifolia*). Tr., L.M. An annual plant. Used as an aromatic for adding to tea.

awit, generally known by the collective name *awihat* (*Salvia Chudaei*). Tr., (L.M.). An annual plant used as an aromatic for tea.

[824] [682] *éfelehleh* (*Hyoscyamus muticus* ssp. *falezlez*). Tr. This plant is extremely venomous for human beings, though not for animals. In the past it was used by the Tuareg as a poison for enemies. Members of La Mission Flatters (1880–81) were poisoned by the Tuareg using poison of this plant inserted into dates presented to the expedition. "La plante, absorbée à petite dose, aurait la propriété de faire [261] engraisser. Les femmes du Tidikelt l'emploient dans ce but, en en faisant cuire une petite quantité dans de l'eau avec de la farine et de la graisse; elles laissent réduire et absorbent la bouillie obtenue, puis se couvrent pour transpirer (Voinot)" (Maire 1933, p. 192).

222 *ahahel* (*Cistanche Phelypaea*). Tr., L.M. A plant yielding edible roots. After drying the roots are
262 pounded in a large millet mortar to be used for bread which is much esteemed by the Tuareg. "Cette
252 plante est recoltée jeune par les indigènes, puis placée dans le sable sous une couche de *drinn* (*Aristida pungens*) jusqu'à noircissement et dessication. Le produit sec est moulu et utilisé dans l'alimentation (Voinot)" (Maire 1933, p. 196).

éfetekchi (*Orobanche aegyptiaca* & *O. cernua*). Tr., L.M. A plant yielding edible roots.

tamzellit (*Orobanche sp.*). Tr. Very rare. A plant yielding edible roots.

tegellet (*Colocynthis vulgaris*). Tr. Seeds are eaten after boiling and drying.

olked (*Cucumis pustulatus*). Tr. Rare. Seeds are eaten after boiling and drying.

[263] *takkilt* (*Cotula cinerea*). Tr. "Les Touareg utilisent cette plante comme condiment, principalement pour la viande qui commence à se gâter" (Maire 1933, p. 209).

[439] *téhereggelé* (*Artemisia judaica* ssp. *sahariensis*). Tr., (L.M.). "Cette plante, comme le *Myrtus Nivellei*, est récoltée en grande quantité, séchée et exportée au Soudan, où elle est employée comme aromate et condiment" (Maire 1933, p. 212).

[272] *zézzeré* (*Artemisia herba alba*). (Tr.), L.M. Used as an aromatic for adding to tea.

7:Nicolaisen E-5 (1951-1962) 1963 MS25 Tuareg MS25

243

Fig. 136. Irrigation of a young wheat-plot. The canal ridges are opened with a hoe in order to let water penetrate into the garden beds. Ahaggar, Abalessa.

to be used for dyeing skins red (cf. p. 282). Maize (*Zea mays*) is also grown as a summer crop in some of the cultivation centres; it is called *engafulé*, or *engafulé masri* (masri = Egyptian) because it is said to have been introduced from Egypt.

241

Tomatoes (*tomatem*; *Solanum lycopersicum*) are grown mainly in summer and constitute a very important crop. The ripe fruit is sliced and left to dry on a layer of straw in the garden. They are crushed and pounded and are added to various dishes, e.g., the so-called kuskus (*keskesu*, cf. p. 247). Various types of melons and gourds are also grown in summer, e.g., the water melon (*taleǧeẓt*; *Colocynthis Citrullus*), a type of ordinary melon known as *tétakelt* or *tazenut* (*Cucurbita* sp.) which is frequently sliced and dried in the same way as tomatoes, and a kind of large gourd (*kabuya*; *Cucurbita maxima*). Certain other vegetables are grown in most gardens, notably various kinds of onions (*téskert*, *Allium sativum*; *éfeleli*, *Allium cepa*) and a kind of beans known as *tadellaḳ*. A few plants are grown as spices, e.g., saffron (*tanerɣmit*, *Crocus sativus*), red pebber (*chiṭṭa*, *Capsicum annuum*), or for tea-admixture, e.g., the mint (*émerner*, *Mentha piperita* var.) and a plant known as *lahabok* which is said to have been introduced from the Sudan. Two very poiṣonous plants are also grown in certain gardens of Ahaggar, namely *éfelehleh* (*Hyoscyamus muticus* ssp. *falezlez*), which also grows wild in the lower country (cf. p. 178), and *burzig* (*Datura Stramonium*) (cf. Maire 1933, I, p. 191 f.). Foucauld mentions two other plants grown for their medicinal value (*ibeḍliwen*, *Trigonella foenumgraecum*; *tikamnin*) (Foucauld 1951–52, I, p. 33 & II, p. 812). A kind of wild salad (*tamaghé*) is also grown in the gardens according to Foucauld (Foucauld 1951–52, III, p. 1170). Potatoes (*Solanum tuberosum*) are now grown in some of the mountain oases – mainly for selling to Europeans at Tamanṛaset. Among other cultivated plants found in the gardens of Ahaggar mention can be made of the following species after Maire:—

Lepidium salicum, *Brassica Rapa* & *B. oleracea* (*aharet*), *Linum usitatissimum* (*ilatelé*, or *anarka*), *Medicago sativa*, *Pisum arvense* (*demchi*), *Vicia Faba*, *Lens culinaris* (*elṛedes*), *Vigna catjang*, *Cori-*

7:Nicolaisen E-5 (1951-1962) 1963 MS25 Tuareg MS25

caravans of the south or by Ayr Tuareg who import more millet than they need for their own use. But millet is cheaper in Damergu than at the Agadez market, and most Tuareg prefer to organize their own millet caravans with camels and donkeys as pack-animals. In Damergu most Ayr Tuareg get millet in exchange for livestock or they buy it for money. Their caravans are not always very large, for the Southern Ayr Tuareg of the *Kel Ferwan* group do not organize their caravans co-operatively on the basis of kinship. Many individual households fetch their own millet with a few animals, and it is comparatively easy to do so as the millet growing country of Damergu is not very far away – the distance from Agadez to Tanut is only about 300 kilometres. The Ayr Tuareg do not have to engage in extensive trading expeditions to procure millet, and can buy millet very cheaply. A household, it is said, does not have to sell a great many animals to secure the necessary supply of millet. Three or four camel loads will cover the needs of most households, and this amount of millet can be acquired for comparatively few animals – particularly if the animals vended are sheep, which have become very expensive in recent times owing to the rapid increase of Europeans at Agadez. An extremely good sheep or ram for slaughtering can bring in 2000 to 3000 West African francs, and a Tuareg household which buys millet in Damergu will need less than 10,000 francs to acquire the quantity necessary for a year. Thus the Ayr Tuareg can obtain their millet for a few sheep, and there are very few, if any, who do not posses this surplus, and it should be repeated that the increment of livestock is never stopped by drought periods as in the north. The extremely high price for sheep for butchering is a recent phenomena due to the increase of the French population. Fully-grown sheep or rams are expensive, and this is also the case with fowls, while goats are cheap. I believe we can estimate that a household would have to sell about 15 goats anually to obtain the amount of millet necessary for one year's consumption. However, there is little doubt that it has always been quite easy for the Tuareg of Southern Ayr to obtain the requisite amount of millet in exchange for livestock.

Millet and milk constitute the basic nourishment of the Ayr Tuareg, but they are very fond of an occasional change of food. And I believe that this is one important reason why the Ayr Tuareg, like those of Ahaggar, collect wild seeds even in years when grown cereals are abundant. For a change, the Ayr Tuareg are also extremely fond of dates which are not grown to any great extent in their own country. A few Ayr Tuareg own palms yielding dates of poor quality, and I think that a few households also obtain some dates from Ingal. However, most dates eaten in Ayr are imported from the oasis of Bilma, situated in the very barren desert country between Ayr and Tibesti, about 700 kilometres north-east of Agadez.

The trade with Bilma is apparently an ancient one, and its foundation is salt which is of a very bad quality compared with that mined at Amadror in the north. The rock-salt of Amadror is excellent for food, and though there is one good quality of Bilma salt that is used for food by the Tuareg of Ayr, most salt from Bilma contains much soil and other impurities. This impure salt is excellent for domestic animals which, in Ayr and further south where salt pastures do not exist, need a lot of salt. The Ayr Tuareg, and particularly those who do not visit the country of Azaouaq at the end of the rains, need salt not only for their own food but also for their domestic animals. They obtain this from Bilma, which is visited by caravans in autumn or in the early winter. The inhabitants of Bilma, like other oases-dwellers, are in constant need of cereals and meat, and these products are imported